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Halifax metro



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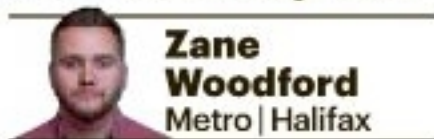
Your essential daily news | WEDNESDAY, NOVEMBER 16, 2016

High 12°C/Low 11°C Rain

Chief defends record after 11th killing

HOMICIDES IN HALIFAX

Department has solved six so far this year



Halifax's chief of police has defended his department's record after the municipality's 11th homicide of the year.

The department has solved six of those 11 homicides — on track for a clearance rate of 54.5 per cent. In 2015, it solved 100 per cent of the municipality's nine homicides.

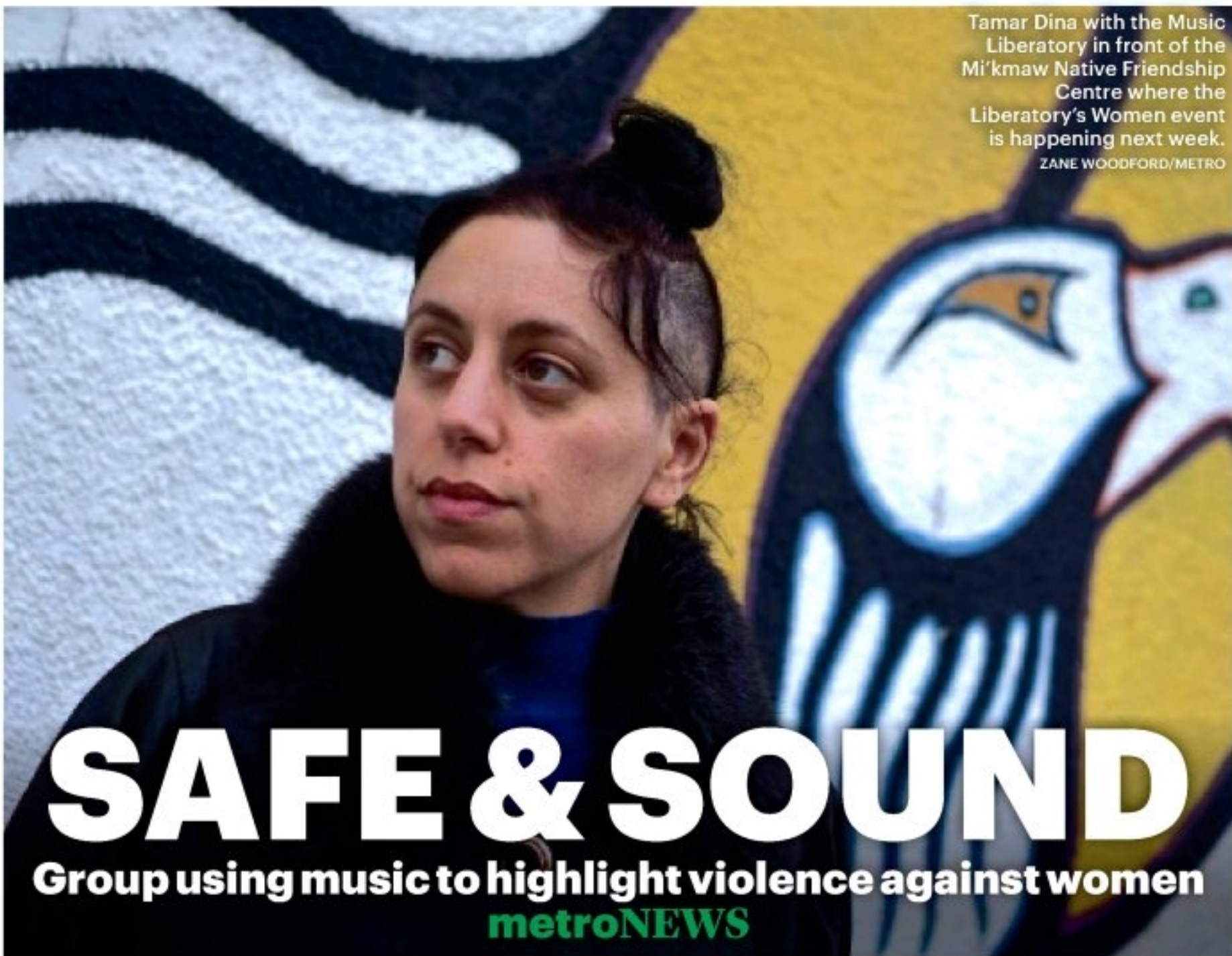
"Until we've exhausted all methods, I still hold out hope for all the investigations that are ongoing, and especially those investigations for this year," Halifax Regional Police Chief Jean-Michel Blais said Tuesday. "Having been a former homicide investigator

myself, I recognize that it takes some time for some of these investigations to be done. And of course, when you're talking about investigations where we've got a paucity of information from the community, it takes time."

Blais lamented the loss of all those who've been killed this year, and highlighted the fact that most of them — seven — are young men. "These are seven lives that have been snuffed out, seven families that have been affected," he said.

Blais said police are in the communities trying to break through the "wall of silence" about many of the crimes this year. "I can guarantee we are putting means and resources to investigating all of our crimes, and specifically all of our homicides," Blais said. "The question is, when we only have so much information, how can we go forward without the community?"

More coverage, p. 4



Tamar Dina with the Music Liberatory in front of the Mi'kmaw Native Friendship Centre where the Liberatory's Women event is happening next week. ZANE WOODFORD/METRO

SAFE & SOUND

Group using music to highlight violence against women

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PROGRAM STARTS SOON



Since 1899

Kelades hopes to be part of February's fight night

UFC

Cole Harbour fighter wowed the crowd in October 2014

Adam Richardson
For Metro | Halifax

Think lightning can't strike the same place – or same person – twice? Chris Kelades disagrees. Two years after his remarkable performance at Halifax's first UFC show, the Cole Harbour native hopes for more mixed martial arts magic this February.

"It would be quite a thrill," Kelades said. "Right now, I don't have a UFC contract, but it's not out of the realm of possibility. If it were to happen, I imagine it could go down like the last time, when I was a late replacement."

Kelades' UFC debut came at Scotiabank Centre on Oct. 4, 2014.

That night, "The Greek Assassin" completed a fairy tale week. He accepted a fight on six days' notice to make his UFC debut, defeated Ireland's Paddy Holohan by unanimous decision before a screaming crowd, and took home an extra \$50,000 bonus for Fight of the Night.



MMA fighter Chris Kelades wants in on the next UFC card in Halifax... JEFF HARPER/METRO

"My first experience was pretty intense," he said of that night.

"A hometown crowd always gives you extra motivation, but it was incredible and almost overwhelming. I had to

check my emotions on that walk to the cage."

Following that fight, the 35-year-old completed a 2-2 run inside the Octagon, sandwiching a decision win over Chris Beal in Saskatoon be-

tween losses to Ray Borg and Sergio Pettis.



It would be quite a thrill ... It's not out of the realm of possibility.

Chris Kelades on being at a UFC show in Halifax

GORD DOWNIE

Secret Path hits Halifax

Yvette d'Entremont
Metro | Halifax

Gord Downie has announced a Secret Path concert at the Rebecca Cohn Auditorium, Nov. 29 at 8 p.m.

Tickets go on sale Thursday at noon, with a limit of four tickets per order. They'll sell for \$61 at the Dalhousie Arts Centre box office, by phone 902-494-3820, and online.

The singer's fifth studio album, *The Secret Path*, was released Oct. 18. The website describes the 10-song album as themed around a "dark part of Canada's history — the long-suppressed mistreatment of Indigenous children and families by the residential school system."

All proceeds from the concert will go to reconciliation.

In December 2015, Gord Downie, *The Tragically Hip*'s lead singer, was diagnosed with terminal brain cancer.



Gord Downie CP FILE PHOTO

2016
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BY THE NUMBERS

Feeding those in need

Nova Scotia saw a 21 per cent surge in food bank use since last year, a new report suggests, the highest increase of any Canadian province. Much of this need was concentrated in Halifax Regional Municipality, with food bank use up nearly 50 per cent in March 2016 compared to the same month last year, according to Food Bank Canada's latest HungerCount survey. ADINA BRESOE/FOR METRO

23,840

Number of Nova Scotians who accessed a food bank in March of 2016.

Officials at Feed Nova Scotia, which serves 147 food banks and meal programs, say growling bellies are a symptom of larger concerns about the increasingly unaffordable cost of living in the province.

"Is this a time when we should be getting angry about this? My sense is that we should at least be getting intolerant," executive director Nick Jennings said at a press conference Tuesday. "We cannot feed our way out of this problem."

Jennings cited a difficult job market, insufficient government support and financial strains like daycare fees as contributing to food insecurity in the province. Around 70 per cent of food bank users in Nova Scotia accessed the service six times or fewer in the last year, he said, suggesting people aren't looking for hand-outs — they're struggling to put food on the table.

In particular, Halifax food banks have seen more refugees looking for support recently, said Feed Nova Scotia communications director Karen Theriault.

"It's been a very small piece of

Total increase in the number of people accessing Halifax food banks compared to the same month last year.

+49%

+30%

Nova Scotian food bank users who were under the age of 18.

the pie, but it is one that needs to be acknowledged," she said.

Theriault said Halifax has seen an influx of people moving in

from rural areas in search of work, only to find there aren't many jobs left, or at least not ones that pay a living wage.

"They're finding measly part-time jobs with low paying wages, so they aren't able to make ends meet," Theriault said. "There's

never a perfect answer ... but to have a 49 per cent increase is far bigger than we can accept it to be."

DALHOUSIE Parents of alcohol poisoning victim sue

The parents of a young Chinese woman who died of alcohol poisoning after a night of drinking inside a Dalhousie University residence are suing the school for alleged negligence.

In a statement of claim filed late last week, parents Peter Shang and Weihong Bai of China say they are also suing four other students and Halifax-based McKesson Canada Corp., the company that operates the province's medical help phone line, otherwise known as 811.

In a civil action filed Nov. 10 with the Nova Scotia Supreme Court, it is alleged that on the night of Nov. 12, 2015, 19-year-old Melody Shang drank vodka, became "visibly" intoxicated while she was in a Dalhousie-owned residence in Halifax known as LeMarchant Place.

"After she consumed the vodka, the roommates moved Melody to the apartment's bathroom, and left her lying on the bathroom floor for approximately two hours, during which time she vomited and fell unconscious," the lawsuit says.

The court documents say Shang was moved to a makeshift bed on the floor, where she remained unconscious and vomited again.

One of the apartment's four roommates called the province's telecare service to seek medical advice from an operator, who advised them to monitor the woman's breathing and call back if anything changed, the lawsuit says.

The next morning, the roommates called 911 when they realized Shang wasn't breathing. She was declared dead at the scene. THE CANADIAN PRESS



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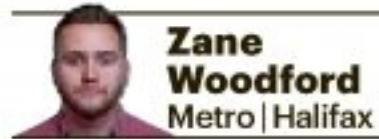
DALPLEX

HOMICIDES IN HALIFAX

Police ID latest homicide victim, make plea for help

CRIME

Terrance Patrick Izzard shot outside home on Uniacke Square



Zane Woodford
Metro | Halifax

Halifax police have identified the victim of the municipality's 11th homicide of 2016 as 58-year-old Terrance Patrick Izzard.

Police found Izzard shot to death outside a home on Cragg Avenue off of Uniacke Street just after 11 p.m. Monday after reports of shots being fired in the area of Gottingen Street.

The shooting was officially deemed a homicide Tuesday night after the medical examiner performed an autopsy on Izzard.

Throughout the day Tuesday, much of the area was taped off, with police vehicles lining the street. Police could be seen using a K9 unit to search the area, and combing through fallen leaves for clues.

In an interview on Tuesday, Halifax Regional Police Chief Jean-Michel Blais pleaded with people to come forward with any information they may have about this case or any



Halifax Regional Police forensic investigators search for evidence on Cragg Avenue on Tuesday morning. JEFF HARPER/METRO

others.

"Some people tend to view the type of information we're looking for as being the name of the shooter, and how he or

she did it. Well, usually what we're looking for is other information that will allow us to piece the whole puzzle of a judicial investigation that's

going to allow us to take these things to court," he said.

The shooting was the third in as many days, after 21-year-old Shakur Jefferies was shot

+ WITNESSES

Jean-Michel Blais said any video or photos would be especially useful, and urged people who wish to protect their identities to contact police through Crime Stoppers.

and killed outside an apartment building on Washmill Lake Drive.

Carvel Clayton, 21, was arraigned Monday on a charge of second-degree murder in that fatal shooting.

There was also a shooting in Bedford early Sunday morning that led to a man suffering non-life-threatening injuries — and weapons charges.

Police say they don't know if the three incidents are linked, but are exploring the possibility.

Blais acknowledged there's been a "marked increase" in gun violence in the municipality, and said police have upped their presence in the community.

"We've been out, just as we did in the spring, we've been out in the communities with our community response officers to engage with the communities in order to get as much information as we can, to reassure the communities of our presence," he said.

Update on homicides

Frank Lampe

Killed Jan. 21
Elias Lampe, his son, charged with second-degree murder

Blaine Clothier

Killed March 2
Benjamin Joshua Gillis charged with second-degree murder

Kristin Johnston

Killed March 27
Nick Butcher charged with second-degree murder

Joseph Cameron

Killed March 29
17-year-old boy charged with first-degree murder

Tyler Richards

Killed April 17
No charges laid

Naricho Clayton

Killed April 19
No charges laid

Daverico Downey

Killed April 23
No charges laid

Taylor McInnis

Killed Aug. 23
Shawntez Downey, Romeo Downey and Nicco Smith charged with first-degree murder

Rickey Walker

Killed Aug. 31
No charges laid

Shakur Jefferies

Killed Nov. 12
Carvel Clayton charged with second-degree murder

Terrance Patrick Izzard

Killed Nov. 14
No charges

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'One of most potent tools'

WORKSHOP

Safe & Sound project using music to fight abuse of women



Yvette d'Entremont
Metro | Halifax

Tamar Dina is excited about the latest phase of a Halifax-based music video project addressing the issue of violence against women.

The Women Safe & Sound project is looking for women, in particular black and aboriginal women, to attend a Nov. 25 workshop that will involve writing a chorus and developing ideas for a music video.

Over the summer, the Music Liberatory hosted a series of weekly workshops with a core group of 15 women. They developed original song lyrics (five verses) that tell the story of a woman escaping from domestic abuse with the help of other women.

"We're presenting the lyrics



Tamar Dina of the Music Liberatory hopes to have the video out by March. ZANE WOODFORD/METRO

to the guests and running an interactive workshop so that women can design the visual storytelling that will be in the music video with particular emphasis on the symbolism and the representation of women of colour, Indigenous women and African women," explained Dina, co-ordinator of the project.

"Women of colour have a very particular and unique understanding of the world that we live in, because of what they have to face in terms of race oppression and gender oppression, but in particular how those things work together. And they have the leadership that we need."

The Nov. 25 event at the

Mi'kmaw Native Friendship Centre has been designed to encourage as much participation as possible. Food, childcare and transportation will all be provided and women are encouraged to sign up ahead of time.

"We've organized it to be a single evening in consideration of women's lives. Women have a lot of responsibility and a lot

+ GET INVOLVED

To register for next week's Women Safe & Sound workshop visit www.musicliberatory.com.

of burdens, and many women that I talk to want to be involved in our projects but they just can't afford the time," she explained.

The music video will be done professionally, and women who participate are welcome to sing but are not required to.

Dina said because of the project's collaborative nature, she's not yet sure how it'll look. The goal is to release the video on March 8, International Women's Day.

"It's not a storytelling (workshop). But if a woman remembers something from her experience she can insert it through an idea without having to say 'I went through that,'" Dina said.

"Music is so powerful and is available to almost all of us without any money. It's one of the most underused and potent political tools that we have."

CHRISTMAS TREE

A gift to spruce up Boston

A 14-metre white spruce taken from Crown land along Route 395 in Ainslie Glen, Inverness County, will soon adorn the Boston Common for the Christmas season.

An official ceremony was held in Ainslie Glen, outside Whycocomagh, to cut the tree down and have it shipped to Halifax, where it will receive its official send-off south on Wednesday.

Hundreds of people — some children who were given permission from their parents to skip school for the day — attended the ceremony with Natural Resources Minister Lloyd Hines officiating.

Nova Scotia has given a large Christmas tree to Boston for almost 100 years as part of the annual thank-you to the Massachusetts city for help provided after the 1917 Halifax explosion.

This is the first tree ever to come from Cape Breton as part of that nearly century-old tradition.

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The family of Elizabeth and Brittany MacPherson arrives in court on Tuesday. JEFF HARPER/METRO
Inset: Gerald Rushton. TC MEDIA

Man sentenced in double murder

COURT

'It's hard to imagine a more horrific set of facts': Judge



Haley Ryan
Metro | Halifax

A man convicted of the double murder of his common-law partner and her daughter has been handed a life sentence with 18 years parole ineligibility by a Nova Scotia judge, who called domestic violence a "plague on our society."

Gerald Rushton, 50, was sentenced in Supreme Court on Tuesday on two counts of second-degree murder in the deaths of Elizabeth MacPherson, 54, and her daughter Brittany MacPherson, 24 in 2013 after he pled guilty in September.

"It's hard to imagine a more horrific set of facts," Justice Michael Wood said in his decision to the court.

"A mother and daughter brutally beaten to death with a hammer and baseball bat in the sanctity of their own home, by somebody who should have been providing support and protection."

Rushton will get three years for time already served, so he could be eligible for parole in 15 years.

The bodies of both women were found in the Valley, Colchester Co. home on Pictou Road near Truro that Elizabeth shared with Rushton on Dec. 27, 2013 following a 911 call from the residence.

Six family members and friends read their victim impact

statements before the Halifax court, most wearing the purple ribbons that honour victims of domestic violence, tears in their eyes and their voices breaking with emotion.

Mark MacPherson, Elizabeth's brother, said in his statement there were "no words" to express the horror you feel when you lose a family member to extreme violence.

Christmas will always have grief hanging over it for himself and his family, Mark said.

Other family members, including Brittany's paternal grandmother Deena Trosky, had come to Halifax for the sentencing from Grand Prairie, Alberta.

"The one thing I'd like to do most is turn back time and get them out of harm's way," Trosky said.

Rushton also read a statement where he took responsibility for Elizabeth and Brittany's deaths.

"I struggle to explain the reasons," Rushton said, his voice breaking. "They were my family and my comfort."

Rushton said he knows saying he's sorry seems empty to many, but the "weight of disgrace and guilt are mine." Rushton had no prior history of violence, defence lawyer Luke Craggs said, and he was "not a ticking time bomb," but seemed fairly normal and "fixer" of a man who would help those broken down on the side of the road. Craggs asked for 13 years parole ineligibility.

Crown attorney Alison Brown said aggravating factors in the case were breach of trust and abuse of a spouse, and said it's "impossible to fathom" what drove Rushton to kill two people he loved.

She suggested a range of 18-20 years of parole ineligibility for

+ CASE FACTS

According to the agreed statement of facts, Brittany was killed first after a verbal fight between herself and Rushton over "recent problems." Around noon Gerald Rushton attacked Brittany with a baseball bat with a paperback book taped to its end, the judge said, and she died of "blunt force injury to the head."

When Elizabeth MacPherson came home a short time later, she and Rushton had a brief fight and he attacked her with a claw hammer. She also died of blunt force injury. Rushton then took a knife and sliced Elizabeth's throat before cutting his wrists in an attempt to commit suicide, but police responded to the home and took him to hospital.

Rushton based on the aggravating factors, the rare case of a double murder in Nova Scotia, and the fact that Rushton had time to reflect on what he had done in killing Brittany before Elizabeth came home.

In his decision Wood said general deterrence is an appropriate factor to consider in cases like Rushton's, where the sentence should reflect "the gravity of his offences and the harm that he has caused."

"Domestic violence is a plague on our society, and when it results in death it is a tragedy," Wood said. "A message must be sent to the community at large that offenders who commit such crimes will be harshly dealt with."

CONDITIONS

Second delay in peace bond for the 'black widow'

An 81-year-old woman who killed and poisoned her intimate partners has once again been given a few more days to show the Crown some evidence on why she needs changes to a two-year peace bond designed to protect the public.

Melissa Ann Shepard had originally been expected to sign the lengthy set of conditions on Oct. 31, including one provision that stipulated a weekly visit to the police.

That signing was delayed

until Tuesday due to concerns she raised about mobility issues hampering her visits to the police station.

Shepard — who is also known as the Internet black widow — has arrived at court on several recent occasions in a wheelchair.

Shepard's lawyer Mark Knox appeared on her behalf at the provincial court in Dartmouth, N.S., and told the judge hoped-for expert information had fallen through and a second expert had to be arranged,

causing the lawyers to set a fresh date of Nov. 23.

Crown attorney James Giacomantonio said outside court that a second medical expert had been obtained and he was expecting the peace bond to be finalized at the next appearance.

THE CANADIAN PRESS



Melissa Ann Shepard
THE CANADIAN PRESS

CRIME

Man tells trial of teenage stripping game, sex at Brent Hawkes' home

A witness told Brent Hawkes' trial today that the Toronto pastor encouraged teenage males to strip at a drunken party in the 1970s, and then took one of them to a bedroom for sex.

The witness, who said he was about 16 at the time, said he was part of a group of people who went to Hawkes'

home in Nova Scotia's Annapolis Valley, where Hawkes suggested they play a stripping game.

The witness, who can't be identified under a publication ban, said he remembers barely being able to stand up but Hawkes led him naked to a bedroom. He said Hawkes told him he was beautiful and per-

formed sexual acts on him.

Hawkes, a high-profile rights activist who officiated at former NDP leader Jack Layton's state funeral in 2011, was then a high school basketball coach.

He has pleaded not guilty to charges of indecent assault and gross indecency, none which has been proven in court.

THE CANADIAN PRESS

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Corridors of power are filled with men

ANALYSIS

Few women in Crown corps that directly impact your life



Ryan Tumilty
Metro | Ottawa

When the Bank of Canada changes interest rates, financial markets around the world move and your credit card can get a lot more expensive.

The Canadian Mortgage and Housing Corporation (CMHC) sets the rules that ultimately determine if you get approved for a mortgage — and how much it will cost.

If you fly anywhere in Canada, the Canadian Air Transport Security Authority (CATSA) is the organization that determined the size of the shampoo bottles you are allowed to pack in your carry-on bag.

And if you live in Ottawa, the ubiquitous National Capital Commission has a huge impact on your life. Even if you don't live in the capital, the NCC is the organization that makes decisions about our country's national monuments.

While women make up about 34 per cent of the appointments to all 42 of the

ABOUT THIS SERIES

THIS WEEK Metro will look closer at the Crown corporations that the federal government oversees, which our analysis shows are overwhelmingly male.

Many of these Crown corporations have huge influence on the lives of Canadians, from the interest rates they pay banks, to mail delivery to airport security.

federal government's Crown corporations, it's safe to say that not all of these organizations are created equally or have the same impact on your day-to-day life.

And some of those that do directly impact you are mostly run by men.

Only four of the Bank of Canada's 15-person board are women. At the CMHC, only two of the 12 board seats are held by women. CATSA has three women on its 11-person board, while the National Capital Commission has three women on its 15-person board.

There are other boards whose gender balance is more skewed towards men, such as the all-male boards of the Laurentian Pilotage Authority and the Canadian Dairy Commission, but few Canadians

are significantly affected by those organizations. The Bank of Canada, on the other hand, matters to anyone with a bank account.

Duff Conacher, co-founder of the group Democracy Watch, said some of the more influential Crown corporations definitely need to more broadly reflect the makeup of the country.

"There is a question about whether some Crown corporation boards really have to be representative of society," he said, "whereas others, it seems more clear that they should be demographically representative."

Conacher said the corporations that are dealing with technical areas might not have to be that reflective, but "the ones that are making societal decisions," need to be diverse.

"They should be more like legislatures and should be more representative of society," he said.

Penny Collette, an adjunct law professor at the University of Ottawa and a former director of appointments for prime minister Jean Chrétien, said the corporations are essentially an extension of government and need diversity at the board table and executive offices.

"Even though Crown corporations are arm's length from government, nevertheless they present a public face and therefore should reflect the government's strong commitment to gender diversity — and not just on their boards. But in the C suite,

too," she said, referring to a corporation's most important senior executives.

Conacher contends that if the government really wants diversity — along with more transparency — it should make the appointment process more arm's length.

He said structural changes like that would take this from a commitment to a concrete change that isn't there right now. "You just have a commitment that doesn't have to be filled," he said.

Karine LeBlanc, a spokesperson for the Canadian Mortgage and Housing Corporation, said they are looking to fill vacancies right now and always have diversity top of mind.

"CMHC remains committed to supporting an approach that strives for the increased representation of women on our board," she said.

WHAT YOU CAN DO



The federal cabinet appoints new directors to Crown corporation boards when positions open up. You can advocate for more diversity by contacting your MP and with the hashtag #WomenOnBoards.

You just have a commitment that doesn't have to be filled.

Duff Conacher, co-founder of Democracy Watch

"We're not where we want to be clearly, but I think we are moving in a good direction and we need to see more of it," said Sarnia Lambton MP Marilyn Gladu, who is the Conservative party's status of women critic.

She said the government needs to reach out more when looking for qualified applicants, because the usual routes won't do.

"Women don't have the same networking



Marilyn Gladu,
Conservative MP

opportunities as men," she said.

"There are a lot of appointments happening and we thought the government was going to get ahead of this," said Sheila Malcolmson, the NDP's status of women critic.

Malcolmson has a private member's bill that would achieve parity in all government appointments within six years, but she said she hoped the government would act on its own. She said



Sheila Malcolmson,
New Democrat MP

the government can simply decline to make new appointments until there is balance. "They should withhold on those appointments."

5

THINGS ABOUT THE LAST TIME A TRUDEAU VISITED CUBA

Prime Minister Justin Trudeau has arrived in Cuba, the first official visit by a Canadian prime minister in almost two decades. Back in 1976, with the Cold War still underway, Justin's father, then-PM Pierre Trudeau, visited and not everybody was happy about it.

TORSTAR NEWS SERVICE



1 A diplomatic first

Pierre Elliott Trudeau's January 1976 visit to Cuba made him the first Western leader to make a visit to Fidel Castro's Cuba. Back then, the Cold War was still underway and the elder Trudeau was criticized for giving credibility to a Communist regime that had the support of Moscow. This time around, it's hard to imagine the situation will be that politically charged.

2 Not just the sun was warm

Trudeau was cheered by more than 250,000 as he stood alongside Castro in an open car that cruised through Havana. "The warmth of the welcome was an indication that Premier Fidel Castro has pulled out all the stops to turn Trudeau's visit into a diplomatic triumph for Cuba," Bruce Garvey wrote in the Toronto Star. That warm spirit extended to when they later gave their speeches.



3 Tight security

Castro wore a gun during the visit, as was his custom. Trudeau wore an ascot, as was his. At one point, Canadian aides clashed with Cuban security trying to catch up with Trudeau. "Later, the Cubans hastily explained they feared a CIA-attempt on Trudeau's life to embarrass Cuba," it was reported.



5 Michel melted Castro's heart

Trudeau was accompanied on the trip by his wife Margaret and three-month-old Michel, their youngest son. Castro gushed over the baby, cooing and holding him warmly. When Michel died in an avalanche in 1998, Castro made the trip to Montreal for his funeral.

4 Trudeau criticized and was criticized

Trudeau questioned Castro for Cuba's intervention in the Angolan civil war and Trudeau came under fire from critics, who thought his visit was anti-American.

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U.S. POLITICS

Factions jockey for position as Trump holds court in N.Y.

Hidden from the public in his Manhattan highrise, Donald Trump huddled Tuesday with Vice-President-elect Mike Pence as he tried to fill out key posts in his cabinet. But the transition team appeared to be straining under the enormous challenge of setting up a new administration.

Former Rep. Mike Rogers, a respected Republican voice on national security issues, announced he was quitting the transition effort. And an apparent clerical oversight effectively halted the Trump team's ability to co-ordinate with President Barack Obama's White House.

With Trump out of sight for several days, his allies engaged in an unusual round of public speculation about his potential appointments — including their own futures — as the president-elect and his aides weighed the nation's top national security



Passersby take selfies at Trump Tower in New York on Tuesday, as Donald Trump is holed up inside. KATHY WILLENS/THE ASSOCIATED PRESS

posts.

Former New York Mayor Rudy Giuliani seemed to be angling for secretary of state. But Trump's transition team was reviewing Giuliani's paid consulting work for foreign governments, which could delay a nomination or bump Giuliani to

a different position, according to a person briefed on the matter but not authorized to speak publicly about it.

Giuliani founded his own firm, Giuliani Partners, in 2001, and helped businesses on behalf of foreign governments, including Qatar, Saudi Arabia and Vene-

zuela. He also advised TransCanada, which sought to build the controversial Keystone XL pipeline, and helped the maker of the painkiller drug OxyContin settle a dispute with the Drug Enforcement Administration.

A Trump official said John Bolton, a former U.S. ambassador to the United Nations, remained in contention for secretary of state.

Pence, now running the transition team, ignored questions from reporters both as he entered Trump Tower, a thick binder tucked under his arm, and as he left six hours later. He took over from New Jersey Gov. Chris Christie, who spent months running transition operations before his demotion last week.

The switch has slowed Trump's ability to co-ordinate with the White House. Pence has yet to sign a memorandum of understanding facilitating interactions between his team and Obama officials. Christie had signed the document, but Pence's promotion makes it invalid.

A person familiar with the transition efforts said different factions in Trump's team "are fighting for power."

THE ASSOCIATED PRESS



A worker prepares the final touches on rubber Trump masks in Tokyo on Tuesday. EUGENE HOSHIKO/THE ASSOCIATED PRESS

Donald digest

Bannon not so bad?

Trump campaign manager Kellyanne Conway insists that White House strategist Stephen Bannon isn't as scary as people say. AP

N.Z. gets a 'cordial' call

Trump called New Zealand Prime Minister John Key on Wednesday to express sympathies for the quake that killed two. Key's office described the call as "warm and cordial." AP

McCain hot over Russia

Sen. John McCain, has declared as "unacceptable" any attempt by the Trump

administration to reset relations with Russia, saying Tuesday the price would be complicity in the "butchery of the Syrian people." AP

Protecting immigrants

Mayors of major cities that have had cool relationships with immigration officials say they will do all they can to protect residents from deportation. AP

Masks in high demand

Ogawa Studio, the only manufacturer of rubber masks in Japan, is working to catch up with a flood of orders for Trump masks since his election, with workers trying to produce 350 masks a day. AP

STUDENTS UNEARTHING A 263-YEAR-OLD FORT STUDY HERE

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NEW ZEALAND

Stranded earthquake cows given beef relief

Three New Zealand cows, whose predicament captured the interest of many people around the world after they became stranded on a small island of grass following a powerful earthquake, have been rescued.

The Newshub news service reported Tuesday that the two cows and a calf were rescued after a farmer and some helpers dug a track to them and brought them out. The farmer, who was not named, said the cows were desperate for water after they



The stranded cows. NEWSHUB

were rescued. He said the quake fault line ran right beneath his farm, which had been relatively flat before the earthquake.

THE ASSOCIATED PRESS

GERMANY

Islamic and right-wing groups in the crosshairs

The German government announced Tuesday it had banned an Islamic group, "The true religion," which is suspected of targeting teenagers to radicalize to fight in Syria and Iraq. At the same time, police raided about 190 offices, storehouses, mosques and apartments of members and supporters.

In searches in 60 cities in western Germany and in Berlin, police seized documents, hard drives, smartphones and weapons, German Interior Min-

ister Thomas de Maiziere said. Nobody was detained.

Federal prosecutors also said they've filed charges against eight Germans on accusations they formed a far-right terrorist organization and carried out bombing attacks on asylum-seekers and left-wing political targets.

The seven men and one woman are accused of forming the "Freital Group," named after a suburb of Dresden that has seen a string of anti-refugee protests. THE ASSOCIATED PRESS

IN BRIEF

Suspect in fatal airline shooting found dead

A Southwest Airlines employee was shot dead outside Oklahoma City's Will Rogers World Airport on Tuesday. Police identified the victim as Michael Winchester, 52, and said a suspect was found dead in a pickup truck in an airport parking garage.

THE ASSOCIATED PRESS

Parents charged with starving teenage son

Authorities said a 14-year-old boy weighing about 55 pounds is fighting for his life after spending much of two years locked in the basement of his Alabama home. Court records show that his parents, Richard and Cynthia Kelly, have been charged with aggravated child abuse, being accused of denying the boy food and medical care. THE ASSOCIATED PRESS

Mayor quits amid backlash about racist Obama post

A West Virginia mayor, Beverly Whaling, resigned Tuesday following a backlash after she posted a racist comment about first lady Michelle Obama on Facebook.

THE ASSOCIATED PRESS

Royal Bank hikes mortgage rates

HOUSING

Bond market tumbles following U.S. election result

Royal Bank is hiking mortgage rates amid a combination of higher bond yields and recent federal mortgage rule changes that have made it pricier for banks to get access to cash.

RBC said Tuesday it's raising its special offer for a five-year fixed rate mortgage to 2.94 per cent, an increase of 30 basis points.

The lender also said it's raising its special offer for a four-year fixed rate mortgage to 2.79 per cent and three-year fixed rate mortgage to 2.69 per cent, increases of 30 and 25 basis points, respectively.

The changes, which impact amortizations under 25 years, take effect Thursday.

Robert McLister, a mortgage planner at IntelliMortgage and the founder of RateSpy.com, said Donald Trump's surprise election victory has caused a sell-off in the bond market,



The Royal Bank of Canada will increase fixed mortgage rates, citing higher financing costs. AARON HARRIS/TORSTAR NEWS SERVICE

as investors anticipate that his promised tax cuts and infrastructure spending will result in higher inflation.

The sell-off has pushed bond yields, which move inversely from bond prices, higher.

"Mr. Trump has made it more expensive for North Americans to get mortgages," McLister

said. "Fixed mortgage rates and bond yields tend to move hand-in-hand."

Mortgage rule changes introduced by Ottawa last month are also likely a factor, although to a lesser extent, McLister said.

The federal government introduced an array of new regulations governing insured

mortgages, including expanded stress test requirements and restrictions on when it will provide insurance for mortgages with larger down payments.

Some mortgage brokers have warned that the new rules will make it harder for non-bank lenders to operate and could see Canadians pay higher in-

terest rates.

"We're seeing government rule changes behind the scenes that are making it more expensive to lend," McLister said.

Additional mortgage rate changes being introduced by RBC Thursday will also impact homebuyers who opt for an amortization period longer



Mr. Trump has made it more expensive for North Americans to get mortgages.

Robert McLister

than 25 years. They will now have to pay higher rates than those with shorter amortization periods.

The special offer rates for three-, four- and five-year fixed rate mortgages are 10 basis points higher than for those with an amortization of 25 years or less.

RBC said it takes a number of factors into account when making changes to mortgage rates, including funding costs and market conditions.

The increase by RBC follows a move by TD Bank earlier this month to raise the interest rate it charges customers with variable-rate mortgages.

TD increased its TD Mortgage Prime rate to 2.85 per cent from 2.7 per cent. THE CANADIAN PRESS

FOSSIL FUELS

Subsidies an 'anti-carbon tax', study suggests



Environmental groups say subsidies to fossil fuel industry are undermining the notion of a carbon tax. THE CANADIAN PRESS FILE

A study suggests Canada's attempts to set a price on carbon are being undercut by subsidies to the fossil-fuel industry.

A coalition of four environmental groups have summed up tax exemptions, investment credits and royalty breaks used by the fossil-fuel industry and compared the total against emissions data from Environment Canada.

The "carbon subsidy" averages out to the equivalent of \$19 per tonne of carbon

dioxide.

That almost equals the price on carbon Alberta plans to implement next year, doubles the proposed initial federal price and negates two-thirds of British Columbia's \$30 carbon levy.

"These subsidies undermine the notion of a price on carbon, which is intended to give incentives to reduce

our fossil-fuel use and move toward cleaner use of energy," said Dale Marshall of Environmental Defence, one of the groups involved in the study.

Still, some warn ending those benefits wouldn't reduce emissions much and would chase investment out of the country.

\$3.3B

The report calculates the total cost of fossil-fuel subsidies at about \$3.3 billion a year.

THE CANADIAN PRESS

IN BRIEF

Buffett sells remainder of his Suncor stake

Warren Buffett has sold the rest of his holdings in Suncor Energy Inc.

According to filings with the U.S. Securities and Exchange Commission, Buffett's Berkshire Hathaway no longer holds any shares in the Canadian energy company.

Berkshire Hathaway began selling its stake in Suncor earlier this year.

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VICKY MOCHAMA

Leave those alt-right recruiting posters out where we can see them

A mystery person has left posters all over Toronto asking white people about their concerns and if they'd like to join the alt-right.

The city's police hate-crimes unit is reviewing complaints while city staff and residents have been pulling down these posters.

Earlier this fall, posters saying things like "If you're so obsessed with your third world culture, go the f**k back to where you came from" were mysteriously posted around the University of Alberta's campus.

It's the Case of the Unknown White Supremacist.

If as a citizen, you want to remove these posters, you're within your rights. But I'd rather we publicly reckon with the issues they bring up. To that end, I'd like to discuss some of the questions posed by the Toronto posters.

So, hey, white person: "Tired of political correctness?"

If yes, do you mind being more specific? Like, are you tired of not getting to use the N-word or are your concerns more about feeling left out of using words like "bae"?

"Wondering why only white countries have to become 'multi-cultural'?" There is no such thing as a white country. Next question.

"Figured out that diversity only means 'less white people'?" Well, have you? (Just kidding! But only sort of!)

"Disgusted by the garbage on television?" Girl, me too. I can't believe that Kevin James has another television show. And Shonda Rimes can't be the

only television producer in Hollywood. High-quality television is an ideal that should unite us, not divide us.

We should also be united in concern that police are intervening. Some kinds of public property, such as telephone poles, are open to those who want to promote their band's next gig, announce a garage sale or doubt the Holocaust. Even if you're not politically neutral, utility poles are.

Freedom of expression ought to be protected, not just for speech that's palatable but also for speech that's difficult to stomach. The lesson ought to be learned from the Trump win and its violent racist aftermath: Hate speech largely confined itself to dark corners of the Internet, where it went largely unexamined by mainstream media and the general public. And a dark, powerful and arguably decisive force wasn't accounted for until the votes were counted.

Canada is not immune to those forces. The Internet knows no borders. Now that ultra-right-wing ideas have made their presence felt across Europe and the United States, I want as many people — white people especially — to know about the dangers that white supremacists pose in this country, and to engage with those who are most vulnerable to those ideas.

So, hey, white person, I'll protect your right to freedom of expression if you'll listen to my concerns about race.

JESSICA ALLEN ON THE CRUTCH OF MYSTICISM

I've never understood why science doesn't better satisfy the spiritual void. We are literally made of stardust. It doesn't get more magical than that.



Three days after Donald Trump was elected president, Lena Dunham posted an Instagram photo of fortune teller mahjong cards. "We're all desperate for answers," she said.

We just might be looking in different places, depending on our age and gender. A 2014 Pew survey revealed that while millennials, like Dunham, are less interested in traditional western religion, "mysticism, witchcraft and magic are stepping in to fill the spiritual void."

Statistics have shown that more women than men put stock in fortune tellers and astrology. A 2005 Gallup poll found that 33 per cent of Canadian women believed "that the position of the stars and planets can affect people's lives," compared to 17 per cent of men.

Eleven years later, an Angus Reid study reported: "When it comes to paranormal phenomena such as ghosts, communication with the dead, and psychic powers," a, "women are about twice as likely men to believe such things are possible."

I know, I'm being such a typical Scorpio right now, passionately concerned about a 2014 report that revealed Canadian women were 21 per cent less science-literate than men, overzealous when faced with websites read mostly by women that perpetuate the problem.

We want to feel that we're part of something, that there's control and order in a chaotic world.

A piece on Flare.com called "Crystals for Beginners: An Intro to the Millennial Obsession," for example, delved into the science behind the pseudoscience by linking to a spirituality site called Self-growth.com. And in September a story on NASA's website, whose purpose was to help children understand the difference between astrology and astronomy,

Same: Here's What NASA Got Wrong." The same age that witnesses NASA send a probe into orbit around Jupiter is the also the one in which women's magazines claim that the space agency is full of it.

Others even use the mystical in an attempt to further feminism. "The witch as an icon is resonating right now because we've entered a fourth wave of

Using the same superstitious ideology that saw tens of thousands of women murdered hundreds of years ago because of their gender may not be the best way to correct sexism. It also can't be good for the movement's brand, especially in an age where women are still being murdered: "Nearly 2,100 people accused of witchcraft have been killed between 2000 and 2012" in rural India, the Washington Post reported in 2014.

Believe me, I understand the allure of wanting to tap into something ancient, to experience awe. We want to feel that we're part of something, that there's control and order in a chaotic world.

You might see the positions of the stars and planets as containing information about your personality and your future. There's no mechanism to explain how that actually works, but it satisfies your sense of wonder. What satisfies mine is that our galaxy has about 200 billion stars and 10 billion planets — and that there are between 100 and 200 billion galaxies in the 13.77-billion-year-old universe. In other words, there's little chance that the universe cares about my existence, let alone when I was born.

I've never understood why science doesn't better satisfy that spiritual void. We are literally made of stardust. It doesn't get more magical than that. Unless, that is, Sunday's Super Moon, a term, ironically, first coined by an astrologer, can explain Trump's ascendancy.

Jessica Allen is the digital correspondent on CTV's The Social.



OK, NOW WE GET IT Actor Lena Dunham posted this image of fortune teller mahjong cards to Instagram earlier this week, in an apparent bid to make sense of the recent U.S. election.

INSTAGRAM

went viral because the space agency mentioned that the Babylonians left out a constellation, Ophiuchus, from the zodiac, meaning your star sign is not really what you think it is. TheKit.ca interviewed a celebrity astrologer who debunked NASA, placating readers who thought for a terrifying moment that they were a Cancer rather than a Leo. An Elle.com headline read "Your Star Sign Is Still The

feminism," an author of a book called What Is a Witch told Salon. "We are redefining what power, leadership, beauty and value look like on our own terms. And the witch is the ultimate symbol of female power. Doing witchcraft is a way to connect to that energy, which is so needed right now, as we're beginning to collectively course correct thousands of years of sexism and oppression."

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Amy created this irresistible sticky-sweet sauce of honey and citrus to pair with (guess what?) whiskey and ginger.

Whiskey Ginger Cocktail Meatballs

- Makes 24**
- Ingredients:**
- Meatballs**
- 1 tbsp olive oil
 - 2 tsp sesame oil
 - 3 garlic cloves, minced
 - 1 tbsp peeled and finely diced ginger
 - 2 shallots, finely diced
 - 1 lb (500 g) grass-fed ground beef
 - 1/2 lb (250 g) ground pork
 - 2 tsp kosher salt
 - 2 tsp soy sauce
 - 1 tsp freshly ground black pepper
 - 1/4 tsp red pepper flakes
 - 1 cup (250 mL) rice cakes or crackers, processed to crumbs
 - 1 egg
 - 1 tbsp orange zest

- Sauce**
- 1/4 cup (60 mL) bourbon or other aged whiskey
 - 1/2 cup (125 mL) freshly squeezed orange juice
 - 1/4 cup (60 mL) salted butter
 - 1/4 cup (60 mL) honey (preferably local)
 - 1/2 tsp cornstarch
 - 1 tsp freshly squeezed lemon juice
 - 2 green onions, chopped, for garnish
 - 1 tbsp sesame seeds, for garnish
 - 1 tbsp orange zest, for garnish

Directions:

- Meatballs**
1. Preheat oven to 375°F (190°C).
 2. In a large frying pan on high, heat olive and sesame oils. Add garlic, ginger and shallots and sauté for 3 minutes until softened. Transfer to a medium bowl. Set pan aside.
 3. Using your hands, combine ground beef and pork, salt,

- soy sauce, pepper, red pepper flakes, crumbs, egg, and orange zest in bowl with shallot mixture until all ingredients are well combined.
4. On a parchment-lined baking sheet, place 2 tbsp meatball mixture in mounds spaced 1 in (2.5 cm) apart. Using your hands, roll each mound into a ball.
 5. Bake for 18-20 minutes or until cooked through.

Sauce

1. Meanwhile, return frying pan to high heat. Add whiskey and orange juice and bring to a boil. When liquid is reduced to half, add butter and honey, and reduce heat to medium. Dissolve cornstarch in 2 tsp water and add to pan. Bring to boil and stir until mixture thickens, about 3 minutes.
2. Reduce heat to low, add lemon juice and meatballs to pan, and toss until well coated.
3. Garnish with chopped green onions, sesame seeds, and orange zest and serve with cocktail toothpicks.

Roasted Fall Vegetables with Saffron Aioli

Ingredients:

- 1/2 head cauliflower, stem removed and cut into florets
- 1 acorn or carnival squash, seeded and sliced into 1/2-in (1-cm) strips
- 2 red bell peppers, seeded and sliced into 1/2-in (1-cm) strips
- 1/2 head broccoli, stem removed and cut into florets
- 1 bunch slender carrots, peeled
- 2/3 cup (160 mL) olive oil
- 5 tbsp (75 mL) kosher salt
- 5 tsp freshly ground pepper
- 3 tbsp red wine vinegar
- 2 garlic cloves, finely minced
- 1 pinch saffron thread, crumbled
- 1 tbsp honey
- 1 cup (250 mL) mayonnaise

Directions:

Roasted fall vegetables

1. Preheat oven to 375°F (190°C).
2. In a large bowl, toss each vegetable separately in 2 tbsp olive oil. Add 1 tbsp salt and 1

- tsp pepper to each vegetable, tossing again to ensure even distribution.
3. Place on parchment-lined baking sheets and roast each vegetable until soft enough to pierce with a fork and edges are golden, about 30 minutes. Softer vegetables such as bell peppers will take less time. pickled carrots and daikon.
 4. Display vegetables on a large platter and serve at room temperature with Saffron Aioli.
- Makes 12 servings.**

Saffron Aioli

1. In a very small saucepan on low heat, combine vinegar and garlic and bring to a simmer or heat in a microwave for 30-60 seconds. Add saffron and stir to release its red tint. Add honey, stir until dissolved, and remove from heat. Set aside to cool for 10 minutes. Add mayonnaise, whisking until thoroughly combined.
- Makes 1 cup (250 mL)**

Cold Spiced Cider

Ingredients:

- 2 cups (500 mL) apple cider (for mulling)
- 2 cinnamon sticks
- 6 star anise
- 1 tsp whole cloves
- 1 orange, sliced
- 2 in (5 cm) fresh ginger, peeled and sliced lengthwise
- 1 cup (250 mL) bourbon
- 2 12-oz (355-mL) bottles hard pear cider
- 2 cups (500 mL) cold apple cider (for finishing)
- 1 tbsp orange zest, for garnish
- 8 star anise, for garnish

Directions:

1. In a small saucepan on medium heat, combine apple cider, cinnamon, star anise, cloves, orange slices, and ginger and bring to a boil. Reduce heat and simmer for 30 minutes to make a concentrate. Set aside and let cool.
2. Combine mulled apple cider, bourbon, pear cider, and cold apple cider in a large cocktail pitcher. Stir well and pour over ice. Garnish with orange zest and star anise.



REPRINTED WITH PERMISSION FROM CHOWGIRLS KILLER PARTY FOOD: RIGHTEOUS BITES AND COCKTAILS FOR EVERY SEASON BY HEIDI ANDERMACK AND AMY LYNN BROWN (ARSENAL PULP PRESS)

Make frittatas your menu staple



Punch up the flavour of your frittatas by adding a strong cheese like gorgonzola or aged cheddar, or by mixing in fresh or dried herbs. KARON LIU

RECIPE

Simple baked egg dish way to use up leftovers

Karon Liu
Torstar News Service

The frittata is a simple baked egg dish that should be a regular feature on your menu.

It's an easy way to use up leftover vegetables and meats and it's fast, affordable and nutritious.

There isn't a scientific way of making a good frittata, which makes it a perfect dish for novice home cooks. The key is to have enough eggs (six to 10, depending on the size of your skillet) to cover the fillings and act as a binder so the frittata doesn't fall apart when it's removed from the pan.

When it comes to fillings, I prefer to pack it with veggies since I'm getting protein from the eggs, though if you want to use sausages and bacon, who am I deny you such joy?

Try chopped broccoli and cauliflower for texture, halved grape tomatoes add pops of colour, roasted peppers give sweetness, potatoes provide complex carbs and onions add wonderful aromas.

Herbs, fresh or dried, are also great add-ons to flavour the otherwise bland baked eggs.

A strong cheese like aged cheddar or gorgonzola will punch up the flavour (careful not to go overboard on salt in this case as the cheese is pretty salty on its own).

A well-seasoned cast-iron skillet works best for frittatas as the eggs will easily slide out of the pan when cooked, but any oven-safe skillet with a bit of oil or butter will work.

Pair leftover frittata with a salad for lunch the next day (eat it cold, because microwaving eggs will make you the office pariah) or sandwich it between a whole wheat English muffin

for a protein-packed breakfast.

Weeknight Vegetarian Frittata

Makes 6 servings.

Ingredients:

- 1 tbsp (15 mL) olive oil
- 1 small onion, finely diced
- 1 garlic clove, finely minced
- 1 medium potato, diced
- 1 1/2 cups (375 mL) chopped broccoli
- Salt and pepper, to taste
- 1/2 tsp (2 mL) chili flakes
- 1/2 cup (125 mL) grated old cheddar
- 8 to 10 large eggs, beaten

Directions

1. Preheat oven to 400F (200C). Heat medium-sized ovenproof skillet over medium heat.

2. Heat oil. Sauté onion, garlic, potato and broccoli until onions and potatoes are soft, about 6 to 8 minutes. Season with salt and pepper. Add chili flakes. Stir. Taste and adjust seasoning if necessary.

3. Spread vegetables in an even layer in skillet. Sprinkle cheese evenly on top. Pour whisked eggs into skillet, making sure eggs evenly cover vegetables and cheese. Add another whisked egg if necessary.

4. Cook on stovetop for 1 to 2 minutes, or until edges of frittata begin to set. Move to oven and bake for 20 to 25 minutes until eggs are set.

5. Remove from oven. Poke with fork to check doneness. If eggs are runny, continue to bake for another few minutes.

6. Let frittata cool in skillet for 5 minutes before flipping onto a serving plate or cutting board. Cut into wedges and serve. Let cool completely before refrigerating in an airtight container for up to a week.

THE TOP 6@6

LAST NIGHT ON 101.3 VIRGIN RADIO:

- 6 Niall Horan
This Town
- 5 Bruno Mars
24K Magic
- 4 Twenty One Pilots
Heathens
- 3 Halsey Steinfeld ft. Zedd
Starving
- 2 Ariana Grande ft. Nicki Minaj
Side To Side
- 1 Hedley
Can't Slow Down



TASTE CANADA

Honouring culinary books

Two books about gluten-free food won gold and silver medals Monday in a new category created by the Taste Canada Awards.

In the Health and Special Diet Cookbooks category in English, Meghan Telpner won gold for *The UnDiet Cookbook: 130 Gluten-Free Recipes for a Healthy and Awesome Life*, while Mary Jo Eustace took the silver for *Scared Wheatless: Delicious Gluten-Free Recipes That Won't Make You Lose Your Mind*.

Taste Canada presented awards in six categories in English and French and recognized two writers with Hall of Fame

honours. Author Julian Armstrong, an author and award-winning food journalist at the Montreal Star and Montreal Gazette, was honoured as a Hall of Fame Award inductee. Her two cookbooks — *A Taste of Quebec* (1990, updated in 2001) and *Made in Quebec: A Culinary Journey* (2014) — explain and celebrate her adopted province's cuisine, which she has explored for more than 50 years.

James Barber, who died in 2007, was the other inductee. The Vancouver engineer started food writing in his late 40s. THE CANADIAN PRESS

LIQUID ASSETS

Embrace simplicity with Nouveau this November

Tomorrow is the third Thursday of November which can only mean two things: a new episode of *The Big Bang Theory* and, for a whole different group of nerds, the release of Beaujolais Nouveau. The talk of Paris, and many international cities, for most of the 1970s and '80s, Nouveau's cache became cliché during the New World wine revolution of the '90s. What goes around comes around, with



millennial wine fans embracing the simplicity and fun the wine's release injects into a cold November night. Sadly the wines are ignored by wine "experts" who just don't get that a Nouveau's fresh and juicy flavour profile is meant to inspire poems, not essays. While the selection of wines may vary across the country,

Mommessin's 2016 Beaujolais Nouveau (\$15.99-\$18.99) has national distribution and well represents the concept. PETER ROCKWELL/METRO

It's the hottest toy of the year

CONSUMER MARKET

Hatchimal sells out across Canada; savvy resellers profit

Even if they're not quite sure what it is, kids know they want a Hatchimal.

They've seen the commercials. They've seen the catalogues. Some lucky child in their class has gotten their sticky hands on one. This year's hot holiday toy comes in the form of a Draggie, Penguala, Owlicorn, Burtle or Bearakeet. The winged, cyber plush creature is hidden inside the cardboard egg until it pecks its way out.

But good luck finding one. The \$90-ish toys were released on Oct. 7 and just over a month later, are mostly sold out across Canada with savvy resellers offering the candy-coloured bird-like beings at nearly three times their value on Craigslist, eBay and social media. One was going for \$250 on a local buy-and-sell Facebook group, causing a backlash and flurry of angry messages among those who felt the resale price was exploitative. On Kijiji, one hopeful seller was offering a Penguala in a teal and pink egg for a cool \$1,000.

A message on the official Hatchimals website will likely disappoint parents looking to buy one at a reasonable price.

"The consumer response to Hatchimals has been extraordinary, exceeding all expectations. Some of our first shipments have already sold out," it says in part.

Melissa McDonald's 6-year-old daughter Ella has her heart set on a Hatchimal.

"I went to try to find one not really knowing the hype about it," said the Kitchener mom, who has now called around to area toy stores, tried to find them online and even has family keeping



Avalyn, 6, plays with her new Hatchimal just as it begins to peck through the shell. Hatchimals are the new weird Xmas toy flying off the shelves. The egg must be cared for until it begins to hatch just as a real egg would. Inside is a plush bird that then responds to human interaction. RICHARD LAUTENS/TORSTAR NEWS SERVICE

an eye on U.S. stores. Her daughter's friends all want one as well.

"It certainly puts parents in a tough position," said McDonald, 38. "Sometimes the hype makes people want it more, and it makes people do crazy things for the It Toy. It's like, 'If I get this for my kid, then I'm doing a great job and I'm a great parent.'"

More stock, the company assures, will be available after the holidays, in January 2017. But that only amps up the pressure, said Seung Hwan (Mark) Lee, an associate professor at the Ted Rogers School of Retail Management at Ryerson University who studies consumer behaviour.

Several forces work together

Sometimes the hype makes people want it more, and it makes people do crazy things for the It Toy.

Melissa McDonald, Consumer

to create the fuss, Lee said. First, the toy is scarce, either in fact or in parents' imaginations. Some retailers might withhold stock to create scarcity and demand. Photos of empty shelves start appearing. Parents and kids experience FOMO, or fear of missing out. Then social comparison creeps in, especially when it seems like everyone on Facebook is talking about the thing. And then there's a strong desire

to belong to the "in crowd" of those lucky enough to find one.

"It's human nature to compare ourselves to other people," Lee said. He believes in the power of the influencer, the parent with a big social media following or who otherwise seem "in the know."

Although named a "top toy" for 2016 by many major retailers and appearing on catalogue covers, supply is spotty at best.

Hatchimal is sold out at Toys R Us stores across Canada, that company confirmed, adding it's unclear whether they will receive more before Christmas. The same is true of Indigo, where "sales have been off the charts," according to a spokesperson.

The store Showcase is selling via a pre-order and charging \$119.99, according to the website. At Walmart, they cost \$59.97 but are sold out online and in most stores.

Specialty store Mastermind Toys should receive a new shipment early December, flown in from factories in China.

"Before then, we have some very thin product out there,"

said Mastermind Toys' Toronto-based CEO Jonathan Levy. "I'm sold out and I bought three times what I was comfortable with."

He likened the Hatchimal to an updated Tamagotchi, a digital pet from the '90s that had to be similarly "fed" and "nurtured" but was keychain-sized and less friendly.

Like movies and music, the October release date or "Hatch Day" was promoted "to create a bit of hype," Levy said. The company sent an email inviting its entire customer database to witness a "Hatchimal Happening."

It was also heavily promoted on Facebook, Instagram and Twitter to build awareness.

TORSTAR NEWS SERVICES

CHEF

More to Guy Fieri than greasy food

Of all the celebrity chefs out there, there's one you'd least expect to sing the praises of spinach, kale and Brussels sprouts. That would be Guy Fieri.

The spiky-haired champion of American comfort food is more associated with greasy chili dogs than salad, the fryer over the fig. But are you sure you know all the sides of this guy? "I'm a big greens fan. I'm a big vegetable fan. I'm a big whole grains fan. And I exercise a lot. That's how I keep this petite dancer's figure," he said, laughing. "A lot of people misinterpret what I do."



Guy Fieri THE ASSOCIATED PRESS

Fieri has built a food career on a certain amount of flash — a rock star image complete with tattoos and jewelry, a fleet of yellow muscle cars and high-octane dishes including Bacon

Mac 'n' Cheese Burgers.

But he's also raised a family in the same Northern California house for the last 20 years, eats a burger maybe once a month, considers culinary innovator Jose Andres a hero, and says things like "I cannot get enough farro."

Both sides are on display in his new cookbook, *Guy Fieri Family Food*, with recipes that range from Chicken Bacon Ranch Pizza to Quick Cracked Bulgur Wheat Salad. It's what his family eats, with tips on how to stretch leftovers into several meals.

THE ASSOCIATED PRESS

SHOPPING UNDER THE STARS

Shopping events are the big kickoff to the holiday season

Silver bells tinkling, Santa ho-hoing, and sales promotions in nearly every store — Shopping Under the Stars is back.

The two shopping events — Nov. 17 and Dec. 1 — are the big kickoff to the holiday season along bustling Spring Garden Road.

Stores are open late and are offering an array of sale promotions, give-aways and special events.

And it's not just shops along the strip either, said Rachel Brown with the Spring Garden Area Business Association. There are many shops on the side streets that are participating, too.

"Our boundaries extend from Brunswick Street, over to Queen Street, onto Clyde Street, over to South Park Street and then on the Sackville Street," she says. "All of the businesses located within that border are members of the Association."

This is the 21st year for Shopping Under the

Stars and it has become a downtown Halifax seasonal tradition. Brown said it has grown every year not only with the number of participants, but also in the programming during the event.

"This year, we are very excited to host our live radio remote, provide free hot chocolate, cookies and visits with Santa at the front plaza of the Halifax Central Library beginning at 5 p.m.," she says.

Shoppers flock to Shopping Under the Stars for the special deals at participating stores in the area, Brown said.

"It's unique for people to experience outdoor shopping, see the lights and feel the bustle of people as they shop throughout the area. People really get in the holiday spirit," she says.

It's a unique event because it brings back the traditional feeling of Christmas downtown, Brown added. And it's a great event for adults



ISTOCK

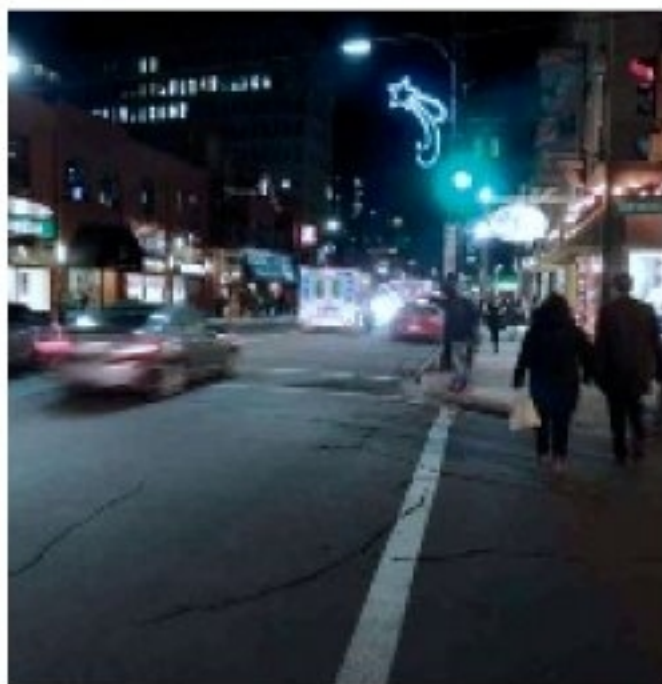
and kids alike.

"These events are a great opportunity for people to come out and begin their holiday shopping and why not take advantage of the fantastic promotions and make a night of it by shopping and dining in the Spring Garden area," she says.

Parking:

Parking downtown can be a hassle. Brown said SGABA partnered with Parklane Mall and Spring Garden Place Mall this year to offer free parking for Shopping Under the Stars shoppers from 6 p.m. until 9 p.m.

-MAGGIE JENION



CONTRIBUTED

Spring Garden Road Area ready for the season

What could be better than shopping downtown on a crisp evening, listening to carolers sing and crossing everyone off your holiday gift list?

Shopping Under the Stars is just around the corner on Nov. 17. Retailers in the Spring Garden Road Area are getting everything ready for the festive shopping event of the season.

Along with all the great deals to be had around every corner, Shopping Under the Stars offers shoppers a whole lot more. There will be a live radio remote with Mix 96.5, free hot chocolate and cookies, and visits with

Santa in the front plaza of the Halifax Central Library beginning at 5 p.m.

"And we will once again host our annual Shopping Under the Stars Christmas tree contest," said Rachel Brown with the Spring Garden Area Business Association. "Shoppers and listeners will be invited to drop by the live radio remotes and fill out a ballot for a chance to win gifts donated by our members. There will be multiple prize draws throughout the evening.

An estimated 50 stores in the Spring Garden area will be participating by offering

customers amazing deals. Many stores are offering a tax-free sale, others are offering great deals on gift cards and on specific items throughout the store. Not only do stores participate by offering a special promotion, many will also have treats including hot apple cider and cookies as well as contests and activities.

"We're also happy to announce that this year Spring Garden Place Mall and Park Lane Mall will be offering free parking during both events from 6 p.m. until 9 p.m.," said Brown.

Check out springgardenarea.com for a list of participating stores and sales promotions.

SHOPPING

— under the —

STARS

NOV 17, 2016 & DEC 1, 2016

www.springgardenarea.com

Plenty of stores joining in the fun this season

Big and small, more than 50 stores are expected to join in the fun for Shopping Under the Stars Nov. 17 and Dec. 1.

"The longest participants in these events would be businesses who have been in our area for many years including Jennifer's of Nova Scotia and Duggers," says Rachel Brown with the Spring Garden Area Business Association.

Each year new businesses arrive in the area and participate in Shopping Under the Stars. This year the newly opened Hue Design Studio, an interior decorating boutique, will participate for the first time.

Each store has their own sales promotions and events to bring in the shoppers during Shopping Under the Stars.

"Businesses will be offering a variety of promotions including free gift with purchase, tax free, contests, door prizes, free samples or buy one get one free," Brown said. "For information on the businesses participating and what they are offering visit springgardenarea.com."

-MAGGIE JENION

Some of the participating shops

Cleve's Source for Sports: 5 p.m.-10 p.m. no tax on everything in-store (some restrictions may apply).

Duggers: No tax.

HaliKids: Tax free plus buy one Schleich advent calendar and get one at 50 per cent.

Hue Design Studio: Nov. 17: Make FAT paint dipped ornaments Dec. 1: Make wallpaper ornaments

Lawtons Drugs (Lord Nelson location only): 15 per cent off of all cosmetics.

Lole Halifax: no tax.

Mexicali Rosas: \$7 Mexicali Nachos (beverage purchase required) plus enter a draw for a Corona Beach Chair and prize pack.

Saje Natural Wellness: Tax free.

Shoppers Drug Mart: 20 per cent off regular-priced merchandise with a Shoppers Optimum card.

Roots: 25 per cent off.

Vitality Medi-Spa: Nov. 17: Add 15 per cent more on gift card purchases valued at \$50 or more. Plus save 20 per cent off all retail and the first 50 guests will receive a VIP gift with purchase. They're also holding a draw for shoppers who present receipts from other retailers on Spring Garden Road on Nov. 17.

'IT CREATES A WONDERFUL SENSE OF NEIGHBOURHOOD'

For business owners in the Spring Garden Road area, Shopping Under the Stars is a favourite.

"It is a great kick off to the holiday season and it creates a wonderful sense of neighbourhood," says Elaine Shortt, owner of Thornbloom located at 1459 South Park St.. "The streets are lively with pedestrian traffic which translates into a very positive vibe."

Just stepping through the doors at Thornbloom will put you in the festive spirit. The store is filled with holiday inspired decor in a variety of themes.

Thornbloom has everything from essentials to accent pieces to compliment your home. With a variety of styles and price points to choose from, they offer the best in furniture, bedding, home décor, and kitchenware. Don't know where to start? The Thornbloom team are knowledgeable and enjoy helping create an look or helping you choose the perfect gift.

"This year we have a great selection in a woodland/rustic look, vintage/nostalgic collection and a glam series filled with gold and sparkle," Shortt says.

Thornbloom is well-known for their beautiful selection of European ornaments. These



CONTRIBUTED

Polish made, hand painted ornaments are so unique. There are new designs every year which allows customers to add to their collection.

"Coming into the winter months, we have added textured throws and blankets to our full selection of bed linens," Shortt says. "And for those who enjoy entertaining at home, we have Staub cookware, Sophie Conran dishes and serving ware, glassware, and all accoutrements needed to create a beautiful table."

All purchases made during Shopping Under the Stars are tax free and Thornbloom offers complimentary gift wrapping.

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THE SUMMIT SPA IS SERIOUS ABOUT SKIN CARE

The Summit Skin Care and Hair Removal, often known simply as The Summit Spa has been a staple on Spring Garden Road for over 26 years. But it is hardly simple when it comes to providing Haligonians with skin care and hair removal. This specialty spa offers five professional brands of skin care and a large array of treatments to meet every skin care need and issue.

"Our skin treatments range from results-focused relaxation in our luxurious one and a half hour Signature Facial to our very popular transformative clinical skin care services," says owner Susan Alward. "We also offer the latest treatments for facial vein, skin tag and pigmentation removal."

Their Spa Store not only has five professional skin care brands, but also 25 other unique brands of specialized beauty and wellness products. These natural products are priced between \$3 and \$300.

"We don't just carry the latest fad, we test every product and brand to ensure it meets our need for quality and results," Alward says. "This makes our Spa Store a great spot for finding one of a kind gifts."

The Summit's excellence hasn't gone unnoticed. In September The Summit was voted by the readers of Progress Magazine as one of

the top three spas in Atlantic Canada and the top spa in Halifax. This latest distinction is the 11th best spa award Summit Spa received in the past 26 years. The Summit was recognized as one of the best spas in Canada by Flare magazine and featured in numerous issues of Fine Lifestyle Magazine as their skin care experts.

The secret to their success is consistent and thorough staff training and on-going education. Clients of The Summit can expect knowledgeable advice, experienced, professional and caring staff in a private, quiet, relaxing environment. They specialize in clinical skin care, permanent hair removal, advanced foot care and makeup artistry.

"Our mission is professional, educational, relaxation and results," Alward says. "At The Summit Spa you'll find an intimate professional environment suitable for those seeking high level of service and experience in a private setting."

With their fantastic sales promotions, everyone at The Summit is excited for Shopping Under the Stars.

"It has such a festive feel. Plus the energy for people attending is much nicer than shopping in a mall," Alward says. "Being out in the fresh air and then ducking in to warm up and shop, drink, eat and be merry in so many unique places is fun."



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THE SUMMIT
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Focus RS worthy of the hype



REVIEW

What it lacks in subtlety it makes up for in power



Count me among the embittered, my frustration growing with each passing year as another European sports wagon or hot hatch fails to make it to this side of the Atlantic.

But the tide is slowly turning, and with it, my feelings from frustration to jubilation, as more and more bubble-backed dream machines make their way to North American shores. Among the latest to do so is the Ford Focus RS, a rally-inspired ride that would make even the most die-hard Subaru fan blush.

The Focus RS is the third — and hottest — hot hatch in Ford's current crop of cars, joining ST versions of the Focus and smaller Fiesta. And while those two are easily counted among the most fun-to-drive cars on the market today, they seem optically ordinary when lined up next to the RS.

The gargantuan grille, massive spoiler, and rear diffuser complete with huge exhaust tips are definitely not doing anything to hide what lurks beneath the sheetmetal. Add in the optional nitrous blue paint, and the RS borders on aesthetically offensive, and has "cop-magnet" written all over it.

It's not that there's anything particularly wrong with the Focus RS, but it's far from understated, and won't check any boxes for those in the market for a sleeper.

What's under the hood will do about as little to avoid the attention of the local police as the in-your-face exterior, with power coming from the same 2.3-litre turbocharged four-cylinder found in the Mustang EcoBoost. Truthfully, I never thought the engine was a match for the Mustang, feeling a bit unresponsive and underpowered. Neither of those issues plague the EcoBoost RS, though, with a few extra tricks up its sleeve — namely a new twin-scroll turbocharger and larger intercooler — that help push output to a ridiculous 350 hp and 350 lb-ft of torque.

All that power heads to the wheels through a torque-vectoring all-wheel-drive system that features a pair of clutch packs that can split power front to back and side to side before you even know you need it there, sending power outside, for example, to kill any semblance of understeer.

The only gearbox available is a six-speed manual, but it is one of the finest examples on the market today, and features tremendously short throws and a nicely weighted clutch that is neither too heavy or too light.

After years of begging, Ford has finally answered the call, delivering the Focus RS to North American shores for the first time — and with it, a car worthy of the hype. It is one of the most fun, well-rounded sports cars I have ever driven, proving itself user-friendly and smile-inducing in a way that's hard to match.

THE CHECKLIST | 2017 FORD FOCUS RS REVIEW

THE BASICS

Engine: 2.3L turbo four-cylinder
Power: 350 hp, 350 lb-ft
Transmission: Six-speed manual
Fuel Economy (L/100 km): 12.1 city, 9.3 hwy
Price: Starts at \$47,969



LOVE IT

- Power for days
- Smooth-shifting gearbox
- Torque-vectoring AWD

LEAVE IT

- Bland interior
- Non-adjustable seat bolsters
- In-your-face exterior

TECHNOLOGY

Android Auto will now be available in every car, including older ones



Google is making it even easier for people with Android phones to safely enjoy their devices while they drive.

Android Auto was launched two years ago with the goal of better integrating phones and cars, giving drivers an easier way to access the information

they need.

Although there are currently more than 200 new car models that support Android Auto, there are still millions of older cars that aren't able to take advantage of the technology.

A new update now allows anyone with an Android phone running 5.0 or later to take advantage of Android Auto, right from their phone screen.

So whether an Android phone is connected to a compatible car display or placed in a car mount, drivers can access all the important data they need, such as directions, music, and communications, without the distraction of non-essential information while driving.

At the same time, users can listen to music through apps like Spotify, Pandora or Google Play Music, as well as

make calls or send messages with hands-free voice commands. Naturally, there's also turn-by-turn navigation with Google Maps.

The update also adds the ability to automatically start the Android Auto app when the phone is paired to the car via Bluetooth.

The company also plans on enhancing the support for hands-free voice commands in the coming weeks.



An iPhone is connected to a 2016 Chevrolet Malibu. An update now allows anyone with a newer Android phone to take advantage of Android Auto. THE ASSOCIATED PRESS FILE

Tesla's cross-country road trip a challenge

AUTONOMOUS DRIVING

Ambitious plan faces difficulties



Brooks Harvey
AutoGuide.com

Tesla CEO Elon Musk recently revealed that every new Tesla will be fully capable of driving itself, and he wants to prove that the technology works by driving one from Los Angeles to New York in 2017 totally autonomously. But there are dozens of challenges standing between Musk and his goal.

New Tesla cars will come fitted with sensors and cameras that Musk said will give his cars the potential for level 5 autonomy. Basically, a level 5 car requires zero interaction from the driver and, in theory, wouldn't even require a steering wheel or gas pedal.

Most autonomous driving vehicles today fall under level 3 autonomy, meaning the cars have an option to control acceleration and steering, but still require a human driver to



Experts suggest Elon Musk's plans to drive a car across the U.S. by itself could work in theory, but his 2017 deadline might not be realistic. THE ASSOCIATED PRESS FILE

intervene in certain conditions. Musk, however, wants his car to go across the country with basically zero human intervention.

Bryant Walker Smith, an automotive engineer and lawyer who specializes in autonomous driving, said he believes the trip is definitely possible, but that people need to understand the difference between fully autonomous driving and partial automation. In this case,

partial automation means it's not full-time self-driving, but rather a mode that can be switched on where the car can handle all the driving without the need for human input. This would classify as level 4 automation and anything under level 4 is basically advanced cruise control that can brake and steer.

"The important point that people miss is that they talk about automated driving as if

it's one specific technology that exists, and that's just not true," said Smith. "It's a range of technologies and applications, many of which are only under research and development, and some of which are deployed in limited context."

Limited context being the key phrase here, because there would be many unique challenges a self-driving car would face driving across the country, such

+ NOT NEW

Similar attempts

Musk's plan to have a vehicle drive itself across the country may seem cavalier, but it is not completely new. Several automotive companies have already had partially autonomous vehicles make long-distance road trips, including Mercedes parent company Daimler and automotive supplier Delphi.

as deer running onto the road, bad weather, confusing roads, or construction and detours. When asked what the status was on its projections, Tesla declined to comment.

"By definition, if a vehicle is Level 4, it is capable of either dealing with detours, or pulling off to the side of the road safely and waiting for somebody to drive it," said Smith.

"These cars don't have superpowers ... If a deer were to run out in front of a car and there was no possibility of a human stopping, then, as the law of physics would dictate, neither would the automated car."

Smith notes that it's difficult to talk about what would happen if a fully automated level 5 vehicle made a road trip, because the technology isn't ready yet.

"We can talk about what would be expected of the system at the point that it is ready, but implicit in that is the important recognition that these systems have not been commercialized yet because they are not ready."

Smith said he believes the higher levels of automation will likely be possible by the end of Tesla's timeline under very limited circumstances. So it's not a question of if but when.

Raquel Urtasun, an associate professor at the University of Toronto who specializes in machine vision for autonomous driving (how the vehicle sees by interpreting visual data into its computers) believes autonomous driving technology isn't quite ready to be fully rolled out by Musk's 2017 deadline.

"The technology is not ready, and the Tesla autopilot accidents in the past few months are an indication of this fact," she said.

"It might be possible to do a long-distance drive, but it's not really about that. It's about doing millions of drives and that's a different story," she said.

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"I don't agree with the system of oppression": Colin Kaepernick is standing by his decision not to vote in the U.S. presidential election

GM meetings lay into blindside hits

NHL

Topic of interest again after Kadri's hit on Sedin

When Maple Leafs centre Nazem Kadri clocked Canucks winger Daniel Sedin from the blindside on Nov. 5 he inadvertently reignited a debate about blindside hits in the National Hockey League.

The topic came up at Tuesday's GM meetings in Toronto and was deemed worthy of further consideration for the next gathering in March.

"There's an element in this game, a physical element, that has to stay," said Edmonton Oilers GM Peter Chiarelli. "You also have to respect your opponent."

"There's lot of passion on both sides of the coin when it comes to hitting and making sure that it is still an integral part of the game because nobody wants to see that lost," Winnipeg Jets GM Kevin Cheveldayoff added. "Now, certainly the mindset is 'players' safety first'. The hard part, and I feel for Player Safety (department), they have to rule by the letter of the rule."

Kadri drew no supplementary discipline for the Sedin hit because his main point of contact was the shoulder, not the head. While technically not illegal



Maple Leafs centre Nazem Kadri tussles with the Canucks' Jannik Hansen after laying out Daniel Sedin on Nov. 5 in Toronto. RICK MADONIK/TORSTAR NEWS SERVICE

(though he was penalized for charging), the hit was violent and sparked outcry from the Canucks, who argued that Sedin could have been seriously hurt on the play (he was not).

Chiarelli was the GM of the Boston Bruins when two-time all-star Marc Savard was checked from the blindside by Matt Cooke, a hit that also drew no additional discipline but set off an intense conversation about the place of such hits in the game. A rule specifically addressing blindside hits was added

and then adjusted to remove the blindside element.

Such hits are only illegal if the main point of contact is the head.

Also on the docket for the GMs Tuesday were potential adjustments to the shootout, specifically making it permissible for shooters to shoot more than once. Under one such concept teams would roll out three different shooters and could then use the same one player any number of times.

Jonathan Toews and T.J. Oshie

both shined at different international events by shooting and scoring multiple times.

"I got to admit it's entertaining," Minnesota Wild GM Chuck Fletcher said, referring to Toews and others like him internationally. "It's certainly something to consider."

Under the current rules no player may shoot more than once until all eligible shooters have been used. Shootouts are down considerably since the addition of 3-on-3 overtime.

THE CANADIAN PRESS

NBA

LeBron takes issue with term 'posse'

LeBron James respected Phil Jackson's unmatched coaching accomplishments. That affection has vanished.

"I've got nothing for him," James said Tuesday.

James fired back at the 11-time coaching champion and current New York Knicks president for using the word "posse" in a recent interview to describe the NBA megastar's business associates. James said he lost all respect for Jackson and his comments underline a larger societal issue for young African-Americans trying to succeed in business.

In the interview, Jackson, 71, said James has always demanded preferential treatment and called his departure from Miami as a free agent a "slap

in the face" to the Heat organization. Jackson recalled a time when James asked for the team to stay over in Cleveland while on a road trip, a request that put coach Erik Spoelstra in a bind.

"You can't hold up the whole team because you and your mom and your posse want to spend an extra night in Cleveland," Jackson said in the ESPN interview.

The word "posse" struck a chord with James, who has surrounded himself with childhood friends during his career.

THE ASSOCIATED PRESS



Phil Jackson
GETTY IMAGES



There is always someone that lets you know how far we still have to go as African-Americans.

LeBron James



IN BRIEF

Grey Cup party supports LGBTQ community

The Canadian Football League is rolling out the rainbow carpet at the Grey Cup in Toronto.

The CFL and You Can Play will host an official party supporting the LGBTQ community for the first time in CFL history, on Nov. 25 — the Friday night of Grey Cup Weekend.

THE CANADIAN PRESS

Roberts, Francona named managers of the year

Dave Roberts of the Los Angeles Dodgers has won the National League Manager of the Year award and Terry Francona of the Cleveland Indians has earned the AL honour.

Roberts won in his first year as a manager, while it was Francona's second time winning the award.

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SOCCER ARGENTINA BACK ON TRACK WITH COLOMBIA WIN
Argentina's Lucas Pratto, left, rises to head Argentina 2-0 ahead against Colombia during their 2018 FIFA World Cup qualifier football match in San Juan, Argentina. Lionel Messi was also on the scoresheet with a fine free-kick. Argentina won 3-0 on the night. EITAN ABRAMOVICH/AFP/GETTY IMAGES

Broncos QB Siemian backed by Kubiak

NFL

Denver coach likes durability of Manning's replacement

Gary Kubiak trusts Trevor Siemian has both the physical toughness and the mental tenacity to lead the Denver Broncos down the stretch.

That much was clear this week when Siemian received a second cortisone shot in his ailing left shoulder along with a vote of confidence from his coach. Like a kid playing Whac-A-Mole at an arcade, Kubiak seemingly has spent the whole season hammering away at rumours of another quarterback controversy in Denver: No, Paxton Lynch isn't going to be under centre for the homestretch that includes two games against Kansas City, one



Bronco's Trevor Siemian reacts after edging the New Orleans Saints at the Superdome in Louisiana. JONATHAN BACHMAN/GETTY IMAGES

against Oakland and another against rival New England.

No, Kubiak has never wavered on Siemian, who won the job as Peyton Manning's successor over trade acquisition Mark Sanchez and Lynch, the team's first-round draft pick. Yes, he expects much, much more of his QB who has earned GM John Elway's praise

for going 7-2 as the starter. "I want Trevor to play big. I don't want Trevor to play OK or good," Kubiak said.

Siemian said he relishes the rising expectations. "Kube expects a lot out of me. I expect a lot out myself truthfully," Siemian said. To do that, he knows he has to stay upright.

Siemian took a beating in Denver's 25-23 win at New Orleans on Sunday when he was sacked six times, hit on 11 other drop-backs and tackled on three runs. That's an agonizing total of 20 shots on that sore left shoulder that's bothered him since it was driven to the turf in Tampa on Oct. 2, forcing him to sit out the next six quarters.

"He's beat up. He took a lot of shots," Kubiak said. Aside from the dazzling defensive 2-point conversion that won it, the take-away image from the Superdome was Siemian on his back, his arms pointed toward the roof in celebration after getting hammered while throwing a touchdown pass to Demaryius Thomas.

"The reason he does make a lot of plays is because he will sit in there and get hit right in the mouth and make a play. That is a great characteristic of a quarterback," Kubiak said.

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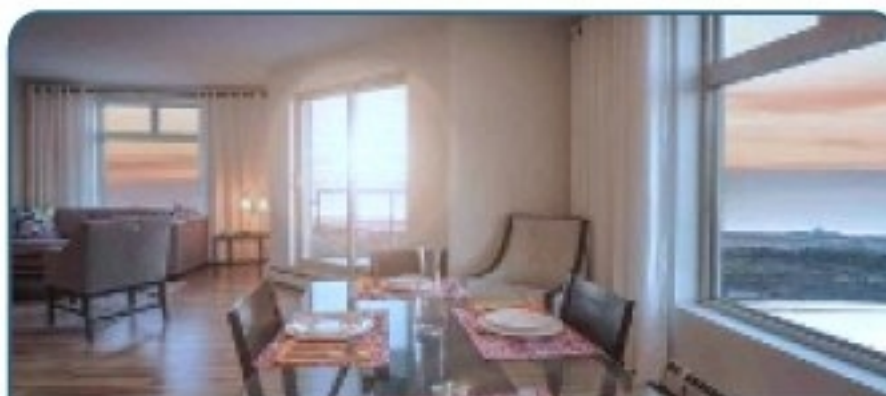
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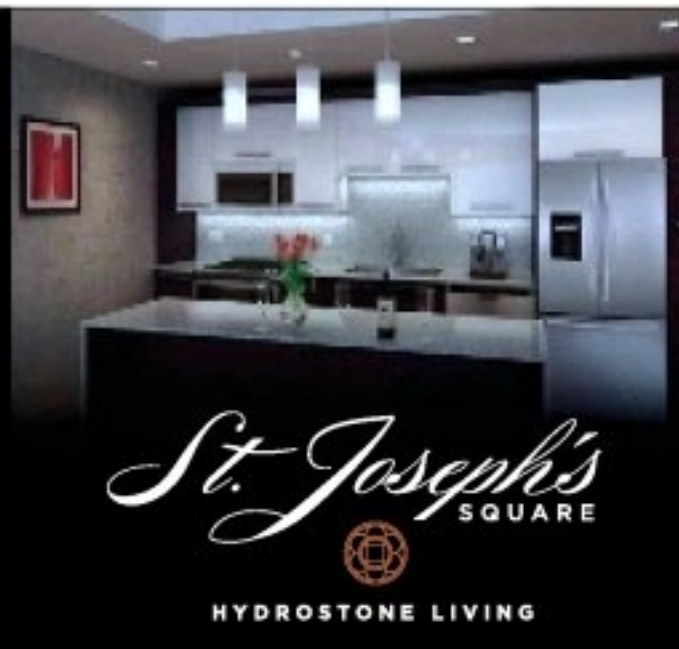
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S.S. Evangeline by Antonio Jacobsen



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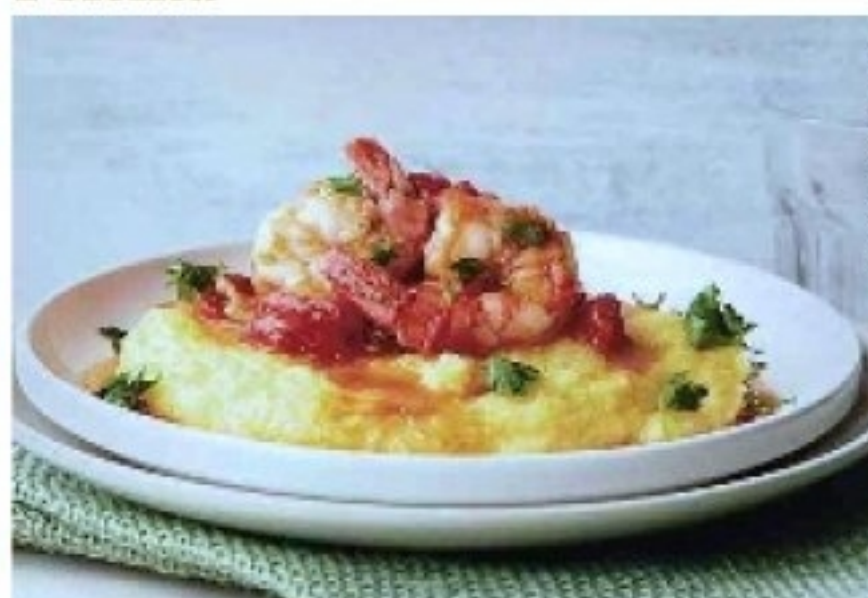


PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

We call this dish a pantry staple (you keep shrimp in the freezer and polenta in the cupboard, right?) so you're always only 25 minutes away from dinner.

Ready in 25 minutes
Prep time: 10 minutes
Cook time: 15 minutes
Serves 4

Ingredients

- 1 cup instant polenta
- 4 1/2 cups water
- 1/4 cup bacon, chopped
- 2 garlic cloves, minced
- 2 Tbsp olive oil
- 28 oz can of tomatoes
- 1 lb frozen or fresh shrimp, peeled, deveined, washed
- 1 small handful of parsley

Directions

1. Bring water to boil and slowly pour in polenta. Lower heat and keep stirring 3 to 5 minutes. Then take it off the heat and cover.
2. In a large pot, warm olive oil, then add bacon and garlic. Cook a few minutes until bacon gets brown, but not crispy. Add tomatoes and break up with back of a wooden spoon or a potato masher. Simmer about 10 minutes.
3. Toss shrimp, with or without tails, into tomato mixture and stir, cooking about 3 minutes, or until shrimp are cooked.
4. Give polenta another stir and maybe add a splash of water to loosen it. Create a nest of polenta and then ladle your saucy shrimp on top. Garnish with parsley.

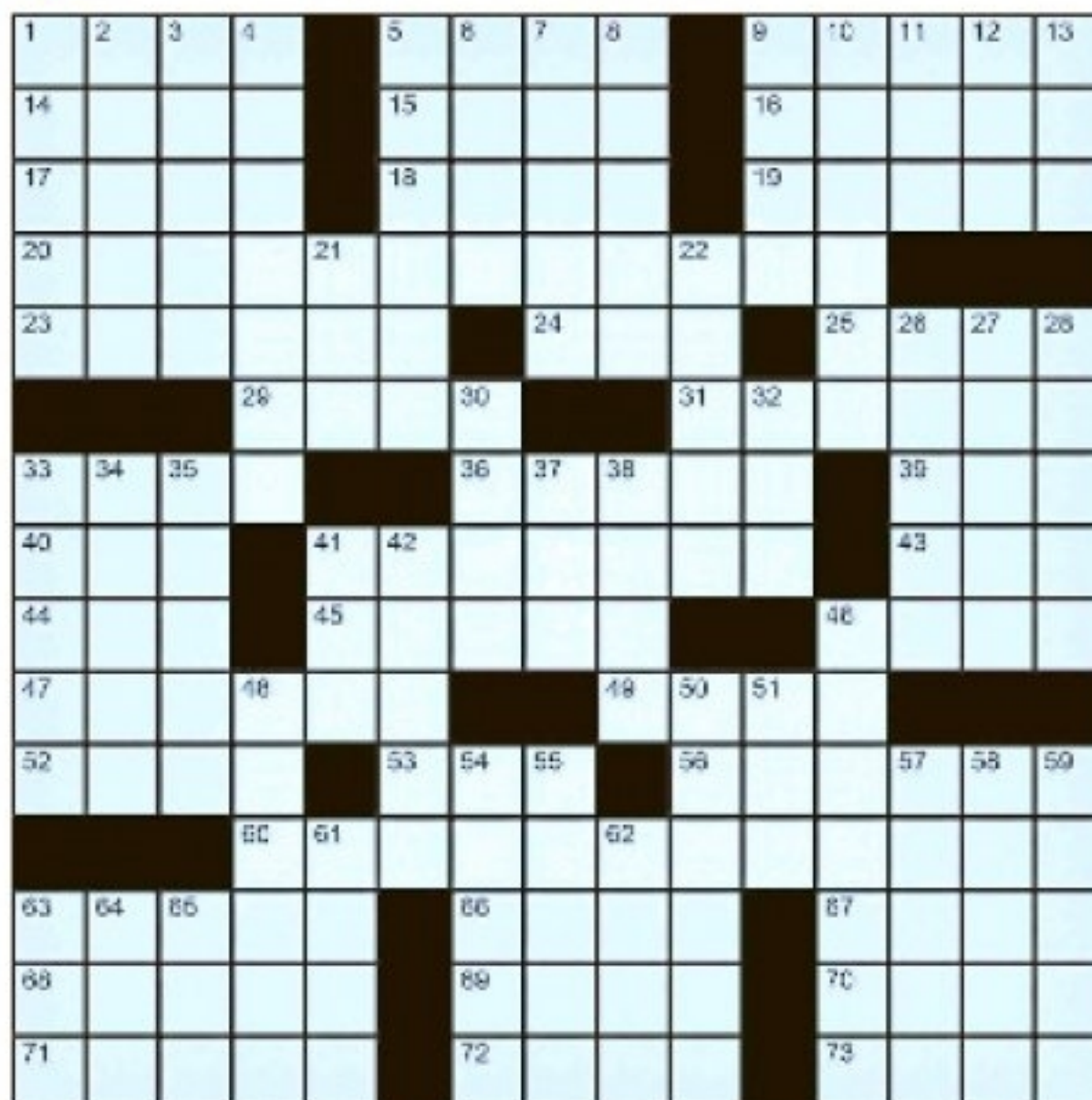
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ACROSS

1. King of Norway
5. Certain credit card
9. Concerning
14. Photographer/Mistress/Muse of Picasso, _ Maar (b.1907 - d.1997)
15. Worldwide [abbr.]
16. _ Bay, Ontario
17. "Blame _ the Boogie" by The Jacksons
18. Tread
19. Rhinoplasty targets
20. Calgary Flames' affiliated team in California in the AHL: 2 wds.
23. Russian ballet legend Ms. Karsavina (b.1885 - d.1978)
24. LummoX
25. Camera lovers
29. Jim Carrey movie, "The _" (1994)
31. Be a hero
33. Elvis Presley dog song: "Old _"
36. Fab Four's famous Road
39. G7 summit attendee
40. " _ the Dog" (1997)
41. 1971 hit for Canadian band Stampers: 2 wds.
43. Kevin Costner movie, " _ Cup" (1996)
44. Not one in particular
45. " _ Is Born" (1976)
46. Jiffs
47. Creative genre



- for Andy Warhol: 2 wds.
49. Financial woe
52. Takes a chair
53. Sir McKellen
56. Frothy sweat treat
60. Be like Tina Turner and Bryan Adams on "It's Only

- Love": 3 wds.
63. Trans Canada _
66. Nature's oxygen provider
67. Monogram's first name letter [abbr.]
68. Bizarre
69. Send forth
70. "Susp" add-on
71. Wheel shafts

72. Blaring blah-blah-blah...
73. Types of orchestras, for short

DOWN

1. Poet like John Keats
2. "Whole _ Love" by

- Led Zeppelin
3. " _ with a View" (1985)
4. Canadian actress Emily of "Captain America: Civil War" (2016)
5. Scenic views
6. " _ the Groove" by Madonna
7. Office item, _ pad

8. _ male
9. Ms. Kendrick
10. Restaurant seating preferences
11. Eithers partners
12. Driver's 4x4, commonly
13. Pluralised li'l weekday after Wednesday
21. Isthmus of _ (Malay Peninsula part)
22. Mr. Zimbalist Jr.
26. Intense
27. Madonna song
28. Mr. Penn's
30. Go- _ (Fun racer)
32. Behold
33. Give and takes
34. Vietnam's capital city
35. Country in Africa
37. Lingerie item
38. Roger McGuinn, as a 1960s band member
41. Ford product
42. Awakened
46. Analyzes
48. Pursue a passion
50. Rik of Canadian rock band Triumph
51. Glamorous accessory
54. Blue Rodeo's " _ the Rain"
55. Montreal-born actress Ms. Shearer (b.1902 - d.1983)
57. Bright outside
58. Earthquake
59. 'Disk' suffixes
61. Yores
62. Harness
63. Defunct airline, e.g.
64. T. _ (Big dino)
65. Garlic: French

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a day full of surprises. You might meet new people, especially younger people or people who are characters. Enjoy this day!

Taurus April 21 - May 21
Your finances are unpredictable today. Please take note: This is a poor day to spend money on anything other than gas, food and entertainment.

Gemini May 22 - June 21
For most of this day, the Moon is in your sign, but it is adrift. This is why you feel indecisive and unsure of what to do next. Just go with the flow.

Cancer June 22 - July 23
Solitude and a chance to work alone will appeal to you today. This is a poor day for making important decisions or spending money on anything other than gas and food.

Leo July 24 - Aug. 23
You will enjoy a heart-to-heart conversation with a female friend today. This is the kind of day where people will let their hair down and confide in each other.

Virgo Aug. 24 - Sept. 23
Be aware of what you do today, because others will notice you. This is not a good day for making important decisions. Do not volunteer for anything or accept increased responsibilities.

Libra Sept. 24 - Oct. 23
You will enjoy travel for pleasure today, plus a chance to see beautiful places and artistic objects. You want to expand your mind, but you don't want to make too much effort to do so.

Scorpio Oct. 24 - Nov. 22
Although you are focused on shared property, insurance issues, taxes and debt, today is a poor day to make important decisions in these areas. Just do your homework.

Sagittarius Nov. 23 - Dec. 21
For most of today, do not make demands of others. Conversely, don't volunteer for anything, either. Just go with the flow.

Capricorn Dec. 22 - Jan. 20
Your efforts to get better organized today will be challenged by silly interruptions and delays. Just take care of business as usual, and don't initiate anything new.

Aquarius Jan. 21 - Feb. 19
This is a wonderful, creative day for you! Look for ways to express your artistic talents. Enjoy sports events, social outings and playful times with children.

Pisces Feb. 20 - March 20
This is a good day to cocoon at home and do as little as possible. Use today to recharge your energy in a laid-back, easygoing way.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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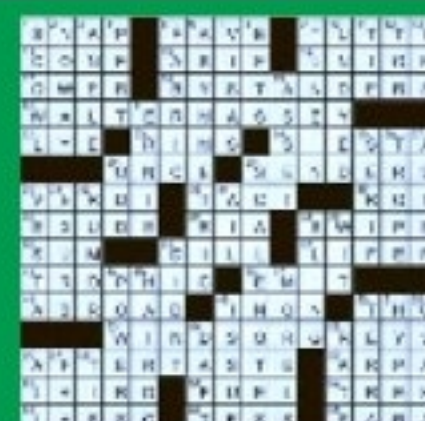
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